

Post-Care Instructions After Implant Insertion

Preventive Health Clinic: _____

Preventive Health Clinic Phone Number: _____

Date of Insertion: _____

An appointment for implant removal should be scheduled prior to:

- The implant can remain in place for 3 years.
- The implant starts working in 7 days to prevent pregnancy.
- Use condoms every time you have sex for 7 days for back-up method and continue to use condoms every time you have sex to prevent sexually transmitted infections. Use condoms every time if the implant is left in place after 3 years for a back-up method.
- After the numbness in your arm wears off, you may have some soreness for a day or two where the implant was inserted. You may use over-the-counter pain relievers (i.e. Tylenol, ibuprofen) per medication instructions and you may use cold packs to help decrease pain and swelling. **Do not use aspirin.**
- Keep the pressure dressing with sterile gauze on for 24 hours and keep it dry. After 24 hours, you can remove the pressure dressing/gauze.
- The steri-strips should fall off from the incision site in 3-5 days.
- You may have some swelling, bruising, or discoloration for up to two weeks.
- Try not to bump the place where the implant was placed for a few days.
- Call your clinic or medical provider right away if you:
 - Have redness, warmth, drainage or persistent pain from the implant insertion site
 - Have fever ($>101^{\circ}\text{F}$)